

Global Council on Brain HealthSM

A COLLABORATIVE FROM AARP

March 10, 2021 | COVID Special Report

Dear Colleagues,

We hope you and your loved ones are keeping well as we head into the spring season.

The Global Council on Brain Health (GCBH) has just released a Special Edition report – [COVID-19 and Brain Health: The Global Council on Brain Health's Recommendations on What to Do Now](#). This new report explores the developing science on the direct impacts of coronavirus on the brain as well as indirect effects on mental well-being due to social isolation. Thank you to our Governance Committee, Issue Experts and Liaisons who helped us put this report together in record time!

We provide **10 recommendations** for protecting the brain health of adults age 50-plus. Firstly, the Council recommends getting the vaccine as soon as possible, while continuing to follow guidance on masks and other public health measures. Staying socially connected, engaging your brain through cognitively stimulating activities, managing stress and isolation, eating a healthy diet, exercising, and getting enough quality sleep are also addressed in the report, along with warnings to look out for neurological symptoms and to keep up with regular medical checkups.

The GCBH highlights **11 areas for research** and demonstrates the negative effects of COVID-19 on people living with dementia and their caregivers. The Council also spotlights the disproportionate toll of COVID-19 on people as they age and on the more vulnerable people in our societies, including racial and ethnic minorities and those living in low- to middle-income countries, calling for an all-of-society approach to protect the brain health of everyone. We provide many links to useful resources!

The full report and accompanying infographic are available on our website [here](#).

OTHER UPDATES

AARP is collaborating with the NeuroArts Blueprint initiative to help advance the science of arts health and well-being. The GCBH music issue experts were already sent a link, but we thought there may be others who may be interested in learning more and would be willing to take a 15-minute survey to help inform and develop the area. See more on the NeuroArts Blueprint [website](#).

- **NeuroArts Blueprint Survey** – Please take a moment to complete a brief [survey](#) on behalf of the NeuroArts Blueprint, an initiative co-sponsored by Johns Hopkins and the Aspen Institute. The survey will help inform their forthcoming *NeuroArts Blueprint* report that will incorporate work of AARP and the GCBH, particularly our recent [music report](#).
- **COVID-19 NeuroArts Field Guide** – In response to many requests about ways the arts can help us during the pandemic, the Johns Hopkins International Arts + Mind Lab has created the [COVID-19 NeuroArts Field Guide](#). It offers easy-to-do art activities and simple explanations about the science behind them.

Please feel free reach to out with any feedback and potential opportunities to collaborate.

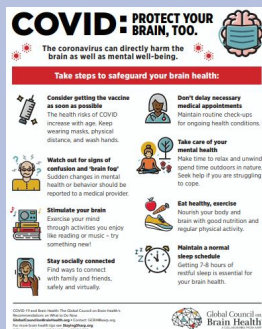
**In partnership,
AARP Policy & Brain Health Team**



GCBH Addresses COVID-19



**COVID-19 and Brain Health:
The Global Council on Brain Health's
Recommendations on What to Do Now**



Please forward this message to interested colleagues. If you would like to be added or removed from these occasional updates, please reply to GCBH@aarp.org

Visit the GCBH website to learn more about our work in brain health:

www.GlobalCouncilonBrainHealth.org